Fasting While Sick

The Sick Person Upon Whom Fasting Is Too Difficult

Question:
I am a woman who is ill and I did not fast some days last Ramadhaan. I am not able to make up for these days due to my illness. So, what is the expiation for that? Likewise, I will definitely not be able to fast Ramadhaan this year, so what is the expiation of that also? May Allaah reward you with good.

Answer:
It is legislated for the sick person upon whom fasting is too difficult to break his fast, and whenever Allaah cures him, he makes up for whatever is due upon him of fasting. This is due to Allaah's Statement:

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And whoever is ill or o-n a journey, then (he may fast the days from) a number of other days. [1]

O you questioner, there is no sin upon you in breaking your fast during this month (Ramadhaan) as long as illness still remains. This is because breaking the fast is a concession from Allaah for the sick person and the traveler, and Allaah loves for his concessions to be taken just like He hates for disobedience of Him to be done. There is no expiation o-n you, but whenever Allaah cures you, you must make up for the days. May Allaah cure you from every evil and expiate the sins from you and us.

(Shaikh Ibn Baaz)

One Who Could Not Fast Due To Sickness

Question:
My mother who is very old fell ill a few days before Ramadhaan and was fatigued by the illness. She fasted for 15 days of the month and could nor fast the rest, nor could she repay the fast. Is it correct for her to give charity every day, in place of what she missed? In addition, as I am the o-ne who caters to her, is it allowed for me to give the charity o-n her behalf, when she does not have what must be given in charity?

Answer:
Whoever can not fast due to old age or an illness that is not likely to be cured, should feed a needy person in place of each day he misses because of the saying of Allaah,

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{...and upon those who are able {to fast, but with hardship} - a ransom [as substitute} of feeding a poor person (for each day...] [2]

Ibn Abbas - may Allaah be pleased with him — said, *'it was revealed as a Rukhsah - an exceptional lessening of the rule -for a very old man or woman who cannot fast, to feed a needy person for every day they miss.'*

Thus your mother must feed a needy person for each day she missed, and the quantity is o-ne Muud [3] of wheat, but, if she does not have what is required to feed the needy person and you did it o-n her behalf, then this is o-ne of the ways of kindness and Allaah loves those who are kind.

(The Permanent Committee)

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[1] Surah Al-Baqarah : 184
[2] Reported by Bukhari.
[3] A Muud is a measure of food. It is approximately equivalent to 750grams of specific types of foods. In reality, it is what an average person can hold when he cups both of his hands together.

From: "Guidelines & Fataawa Related To Sickness & Medical Practice"
By: Ibn Taymiyyah, Ibn al-Qayyim, Shaykh bin Baaz, Shaykh Uthaymeen, & The Permanent Committee

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